

Nutrition Events at Big Y®

Sue Mazrolle is a registered dietitian available in a handful of Big Y locations in Western Massachusetts to provide workshops and supermarket tours to community groups for **FREE**.

WESTERN MASSACHUSETTS SCHEDULE

JUNE 2018





Sue Mazrolle, MSRD, LDN


Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?


Let the Living Well Eating Smart Team help!

If you are interested to learn more about how Sue Mazrolle can help you and your family, contact her directly at: SueMazrolle@gmail.com (413) 531-3490

 **Store Tour**

 **Event Table**

 **Cooking Demo**

 **Support Group**

June 5

Gluten-Free Support Group

6:00 – 7:00 PM

**West Springfield Big Y
503 Memorial Ave.**

Come join the only support group meeting from the National Celiac Association in Western Mass for open conversation and sampling of gluten-free snacks.



June 14

Living with Diabetes

10:00 – 11:00 AM

**Ludlow Big Y
433 Center St.**

Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.



June 16

Heart-Healthy Eating

10:00 – 11:30 AM

**West Springfield Big Y
503 Memorial Ave.**

Discover current recommendations for heart-healthy eating with tips to apply them to the purchases you make.



June 18

Cardio Kitchen 101: Better BBQ's and Picnics

6:00 – 7:30 PM

**West Springfield Big Y
503 Memorial Ave.**

Summertime and the grillin' is easy! Join us as we explore grilling tips and delicious side dishes that will be sure to please family and friends.



June 19

Fueling Foods for Men's Health

11:00 AM – 1:00 PM

**East Longmeadow Big Y
441 North Main St.**

Stop by our info table to learn quick meal prep tips that'll keep you fueled for the long haul and out of the fast food drive thru.



June 19

Fueling Foods for Men's Health

2:00 – 4:00 PM

**Longmeadow Big Y
802 Williams St.**

Stop by our info table to learn quick meal prep tips that'll keep you fueled for the long haul and out of the fast food drive thru.



June 28

Living with Diabetes

5:30 – 6:30 PM

**Springfield Big Y
300 Cooley St.**

Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.



June 29

Spice It Up!

4:00 – 6:00 PM

**Wilbraham Big Y
2035 Boston Rd.**

Does your cooking need a pick me up? Stop by our table and savor the taste and smells of some common and not so common herbs and spices. A little pinch turns bland into bold!



Visit bigy.com/livingwell/getsocial for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.